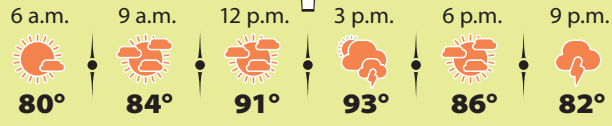


BEFORE THEY WERE VILLAGERS | D5
Meet Steve Greenwood, best known for his decades-long career in law enforcement.



MICHAEL FORTUNA ON LEARNING | D1
Learn new cooking techniques at The Villages Show Kitchen in Sawgrass Grove.



TOP WORLD AND NATION NEWS

TRUMP INDICTED IN HIS 4TH CRIMINAL CASE, A3

Around the World: Woman in Mexico rescues hummingbirds. **A12**

Across the Nation: Hawaii's governor warns of rise in fire death toll. **A2**

In Business: How to get the most out of summer and fall sales. **D8**

SPORTS NEWS

GEORGIA SEEKS 3 BACK-TO-BACK CHAMPIONSHIPS

The Georgia Bulldogs are entering the season ranked No. 1, and are aiming for a third consecutive national championship. **B1**

HEALTH NEWS

HOPE AWAITS FOR LONG COVID PATIENTS

Organizations are investing funding into researching treatments for long COVID, which will help improve patients' lives. **C3**

LOCAL NEWS

CLASS SHOWS OFF LESSER KNOWN PARTS OF FLORIDA

Daphne Leibowitz's Enrichment Academy course gives attendees a chance to find Florida's attractions beyond the famous theme parks. **D3**

OUR TOWN | BACK TO SCHOOL



Arianna Bennett | Daily Sun

Lucas Royals, left, plays a game with Anderson Jarquin during an after-school activity at New Covenant UMC in The Villages. The church plans to offer special vacation Bible school programs for children this fall.

Churches Focus on Fun And Fellowship for Kids

By JAMES DINAN | Daily Sun Senior Writer

Village Christian Church in Wildwood is rechristening itself as Crossings Christian Church to show it is not just for residents of The Villages, but also for young families and children.

It is one of several area churches that are putting a focus on children and their families with changes and programs as the school year begins, such as New Covenant United Methodist Church, Hope

Lutheran Church, Oxford Assembly of God and Community United Methodist Church.

"There are a host of homes and apartments being built as well near us — not just for Villagers but also for those moving to Wildwood, Oxford and other communities for work," said Pastor Mark Ingmire,

Please See **CHURCHES, A10**

Florida Cancer Specialists Tout Medication's Benefits

HEALTH CARE ADVANCES

A local cancer research institute study confirmed the effectiveness of Cosela in treating chemotherapy patients.

By TAYLOR STRICKLAND | Daily Sun Senior Writer

While chemotherapy is known for saving lives, it also is known for its harsh side effects.

However, the ability of a medication called Cosela to protect small cell lung cancer patients from one of the more serious side effects recently was affirmed by Florida Cancer Specialists & Research Institute.

Chemotherapy for cancer works by destroying cancer cells and preventing tumor growth, according to the American Cancer Society, but it also can cause bone marrow suppression by harming healthy bone marrow cells. That leads to a higher risk of infections, bleeding issues and more.

15%

Cosela prevents a side-effect of chemo for small cell lung cancer, which makes up 15% of lung cancer cases.

Please See **COSELA, A6**

ONLY IN THE VILLAGES

By Jean Racine

Doing just about anything under Florida's summer sun requires a special plan to stay as cool and safe as possible.

The Pickleball Community Volunteer Group (PCVG) is doing something to combat the heat — hosting a round-robin tournament, with 10-minute timed games and 5-minute breaks between matches.

The Competitive 3.0/3.5 Weekly Tournament is held from 10 to 11:50 a.m. Tuesdays at Everglades Recreation.

"The reason we're going to timed games instead of scoring is we want no one in the heat of summer to play more than 10 consecutive minutes without getting hydrated," said Steve Richter, PCVG commissioner.

Please See **PICKLEBALL, A6**

EXPLORE & EXPERIENCE

OUT & ABOUT IN THE VILLAGES

Try This Today: Row Your Way to Fitness With the Leatherneck Warriors

The Leatherneck Warriors dragon boat team pride themselves on thinking outside the box and listening to innovative ideas to make the team better. The group is dedicated to physical fitness and competition. Cindy Greenberg, left, of the Village of LaBelle, and Laraine McDonald, of the Village of Collier at Antrim Dells, lead the team during practice at Lake Sumter. The team aims to consistently improve performance, demonstrate sportsmanship and be involved in the community. For more information, go online to leatherneckwarriordragonboatteam.com.

—Greg Hughes, Daily Sun



India Pantin | Daily Sun

IN ENTERTAINMENT

Learn to Kayak at Lake Griffin State Park

Find out more, **E1**

Plus: Find the lineup of entertainment at the town squares, theaters and beyond, **E3**

AT RECREATION CENTERS

Happening near you: From aqua aerobics to Zumba and everything in between, there's fun for everyone, **D6-7**



Plan your perfect day in The Villages, **E1**

Recipes	E1
Comics	E4
Puzzles	E5-6
Horoscope	E7
Poetry	E9
Advice	E10

from the front page

PICKLEBALL

Continued from A1

“Timed games do that. Everybody steps off the court, gets hydrated, takes a five-minute break, then we start the next game.”

Players rotate partners after every match and individual points are tallied up. If a tie score occurs after the final whistle is blown, all participants get one point. After six games, a champion and runner-up are crowned.

“No trophies, no medals, but you get bragging rights for one week,” Richter said. “So, it’s competitive play. It’s fun. Sometimes you get to play with a very strong partner, sometimes a not-so-strong partner. But it’ll be a good mix, and we think this format will appeal to a very large number of players.”

Another wrinkle to the tournament is that it’s a week-to-week commitment.

“Each week, every player gets to decide, ‘Do I want to sign up and play? Or do I want to take the week off,’” Richter said.

Jill Nardini, of the Village of Richmond, signed up for her first tournament play because of the more relaxed commitment.

“It’s more fun rather than feeling like you’re pressured,” Nardini said. “I don’t like the pressure. Everyone’s out here to have a good time. I also like the fact that you don’t have to sign up every week — you can if you have time. And you get to play with different level players.”

Ron Robinson, of the Village of Linden, also enjoyed the round-robin format.

“Being able to play with a bunch of different people is great,” Robinson said. “The timed game is making it a little easier in the heat. I just



Arianna Bennett | Daily Sun

Guy Vaillancourt, of the Village of Dunedin, left, and Jimmy Bowes, of the Village of Hemingway, play pickleball at one of PCVG’s weekly round robin tournaments earlier this year, at Everglades Recreation.

really appreciate everything (PCVG) does, giving us this opportunity.”

PCVG caps the number of participants at 48.

Players can sign up online at www.pickleballcommunity.com. It is on a first-come, first-served basis and the website updates in real-time — if a player signs up or cancels, the available slots will reflect the change.

“People are clamoring for competitive play,” Richter said. “But in the summer when the population of players goes down or residents are traveling, I decided instead of a formal league where you’re committed for 11 weeks, 12 weeks in a row, this allows the freedom for

players to decide week by week.”

Richter is keeping his ears open for feedback on the new weekly tournament. His plan is for it to run through the summer and into the fall. Richter also encourages participants or non-participants who have an idea that they think would be an enhancement, to email him at steve@pickleballcommunity.com.

“Depending on the popularity and how much input I get, we may expand (the tournament),” Richter said. “We listen to all feedback and we’ll make adjustments as we deem best for all the players in the community.”

Staff writer Jean Racine can be reached at 352-753-1119, ext. 5395, or jean.racine@thevillagesmedia.com.

COSELA

Continued from A1

In 2021, the U.S. Food and Drug Administration approved trilaciclib, brand name Cosela, to prevent these issues in small cell lung cancer patients. But institutions such as John Hopkins University and UnitedHealthcare protested the decision and cited a need for further study.

Physicians from Florida Cancer Specialists & Research Institute announced July 31 that a study of theirs confirmed the FDA’s findings, meaning the treatment could allow doctors to use chemotherapy more aggressively, leading to more effective treatment overall.

“Our study evaluated real-world outcomes of patients using data from published and unpublished studies of trilaciclib and comparable non-trilaciclib treated patients,” said Dr. Lowell Hart, medical oncologist and hematologist with Florida Cancer Specialists & Research Institute, in a statement. “We found this therapy to be a promising new treatment for chemotherapy-induced myelosuppression (bone marrow suppression) prevention and with the potential for additional benefits.”

Preventing Deadly Outcomes

Bone marrow suppression is one of the most common and potentially deadly complications of cancer treatment.

“That means low blood counts after chemotherapy,” Hart said. “Many chemotherapy drugs give patients low blood counts a week or two later and it can lead to infections or bleeding or weakness.”

Treatments with fewer side effects than chemotherapy exist, but few are as effective in treating cancer, especially aggressive cancers like small cell lung cancer.

“Trilaciclib is given intravenously just before chemotherapy to basically put the bone marrow to sleep for a few hours while chemotherapy is in the body working,” Hart said. “The new blood cells are made in the marrow, so if it’s hibernating during chemotherapy activity, it won’t be damaged as much.”

Hart said there are other drugs that stimulate the production of white or red blood cells after chemotherapy, but they have more side effects than Cosela. The study he and his colleagues conducted showed improved quality of life and fewer negative symptoms.

Protecting bone marrow can also keep treatment on track, and timeliness is key, according to Hart.

And the benefits could go beyond small cell lung cancer patients.

“If cancer treatments have to be decreased or delayed due to low blood counts, the outcome could be worse for the patient,” Hart said. “Trilaciclib is already approved for small cell lung cancer, but is being studied in aggressive triple negative breast cancer and colon cancer. We think it may help cancer immunotherapy also, so that is being studied currently.”

Real-Life Results

Because Cosela has been FDA approved since 2021, it is available in most but not all cancer practices in the United States. Hart uses it for almost all of his small cell lung cancer patients and said he has seen excellent results with almost zero side effects.

Such is the case for Fort Myers resident Kathleen Devine, a patient of Florida Cancer Specialists &

Research Institute who is getting chemotherapy.

Devine was diagnosed with stage four small cell lung cancer in May after being hospitalized for symptoms such as extreme swelling and severe pain throughout her body.

“I looked like the Michelin Man,” Devine said. “After I was admitted to the hospital, they started me on chemo the next day.”

The swelling had been going on for nearly two years, Devine said, leaving the cancer plenty of time to spread. An initial scan showed that the cancer had reached Devine’s liver, but she reacted to the initial chemotherapy well. The majority of the tumors shrank after the first three rounds.

Devine thought about stopping treatment but was told that if she didn’t continue, the cancer would kill her in just two to three months.

“Well, I have two grandchildren — a 4-year-old and a 3-year-old — so that wasn’t going to work for me,” she said.

Devine was prescribed Cosela as soon as she began treatment with Florida Cancer Specialists & Research Institute, and Hart said her progress “looks wonderful.”

She also not had any of the infections or major anemia usually associated with chemotherapy-induced bone marrow suppression.

In a month, Devine will receive her last round of chemotherapy — a fact that has her nearly giddy with excitement. While she likely will have to stay on some form of cancer-fighting drug for the rest of life, she looks forward to no longer spending the majority of her time at the clinic.

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